NEWHAM
FAMILY HUB
NETWORK

AViGuk
Association for Video Interaction Guidance uk

Newham London

Helping You Build Stronger, Happier Relationships with Your Child

Video Interaction Guidance (VIG)
For parents and carers of children under 5



Newham is currently trialling VIG, a new approach we are trying out on a small scale to support families.

VIG helps you notice and grow the positive moments between you and your child. It's a gentle and supportive way to build better communication, connection, and confidence.

newham.gov.uk

WE ARE NEWHAM.

What is VIG?

VIG is a positive approach that uses short video clips to show what is already working well between you and your child. It is completely free of charge.

By watching these clips with a trained VIG practitioner, you can see moments of connection, joy, and great communication, and build on them.

Is VIG right for me?

VIG may be helpful if you are **parent/carer of a child under 5** and you:



Want to feel more connected with your child



Are finding certain behaviours challenging



Want to improve communication, play or routines



Feel stuck or unsure about how to help your child develop emotionally or socially

You don't need to prepare anything or have any special skills, just be yourself. You are supported to notice and think about: 'What is it that I am already doing that is making a difference?'

How will it help me?

- You will see your strengths as a parent
- You will feel more confident in how you support and connect with your child
- You will better understand your child's needs, feelings, and responses
- You will learn small, practical ways to improve communication and behaviour
- It helps build a more calm, positive and trusting relationship with your child
- Only positive moments are shared. This isn't about looking at mistakes. It is about noticing what is already going well and supporting you to continue those moments with your child

Click **here** or scan the QR code for a short video that shows a parent reflecting on her experience of VIG with a trained practitioner, as part of a perinatal service.

What happens with the video?

- They are stored securely and confidentially during the work
- They are deleted after the sessions end – unless you are happy for them to be kept for staff training
- Consent is always needed before recording, and you can stop at any time
- To find out more about data protection, please visit the Council's Data Protection Policy **here** or scan the QR code.

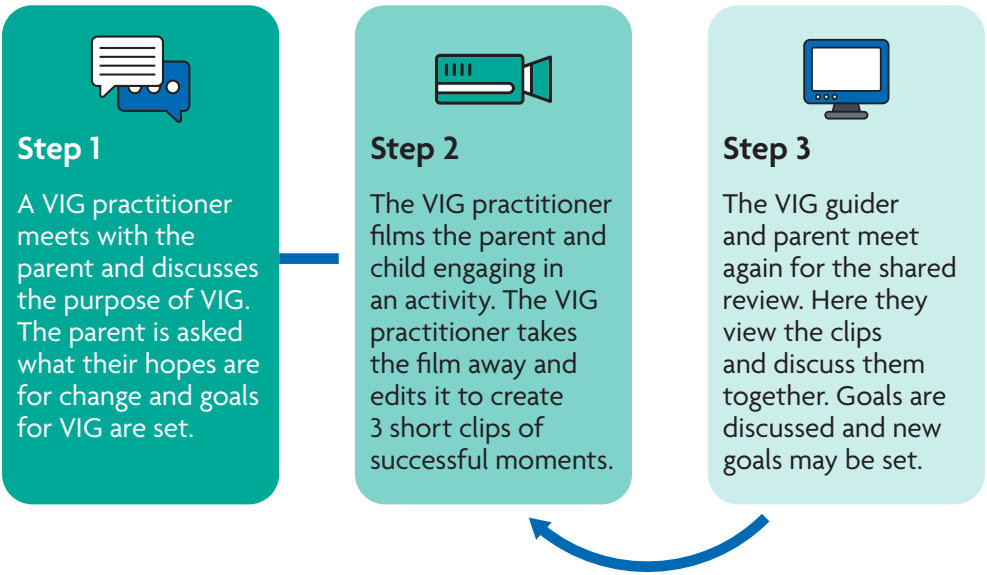
Who is the VIG Practitioner?

Newham's VIG Practitioners are qualified professionals, supervised by the Newham's Educational Psychology Service, and trained through AVIGuk, the national organisation for VIG.

They are warm and experienced in supporting families and young children. They work with you as a team to bring out the best in your relationship with your child.

What is the process?

This cycle is repeated 3 times



How can I find out more?

Read our Frequently Asked Questions (FAQs) about VIG

Watch an animated **video** on VIG

Read more about **VIG**

Interested in VIG? We are Here to Help

1. Self-referral by contacting

VIG@newham.gov.uk

You will get an automatic reply with more information and when to expect a response. An Educational psychologist will then contact you to talk about your situation, explain VIG, and either help you get started or guide you to other support if VIG isn't the right fit right now.

2. Please speak to a professional who can refer you for VIG support. This could be:

- A health visitor
- A GP
- A midwife
- A family support worker
- A parenting practitioner

If you would like more information or would like to ask about making a self-referral directly, please contact:

VIG@newham.gov.uk

What parents say

VIG has helped me to understand my baby and follow her cues.

I feel much more confidenet now I know what I'm doing well.

You never get to see it from this point of view. It really makes me see things differently.